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FOODS AND NUTRITION

GREEN SOYBEANS

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A study of Chinese records of about 4,000 years ago would reveal that even at that time the importance of soybeans as a human food was well established.

The soybean is not new even in the United States. In 1804 a ship brought in several bags of beans, regarded at that time chiefly as a curiosity. In 1898 the government began collecting and distributing small quantities of seeds to growers. Since 1934, a number of Agricultural Experiment Stations have been growing and testing types of soybeans which are particularly well-adapted for use as everyday table vegetables, either green or dried.

Just recently the Agricultural Experiment Station at the University of Hawaii has released results of the effect of different cooking methods on the vitamin content of green soybeans. The foods and Nutrition Department of the Agricultural Experiment Station recommends the cooking of unshelled soybeans 5 minutes in enough boiling water to cover them and to shell and simmer until done without discarding the cooking water, to retain maximum amounts of vitamins.

FOOD VALUE

Evidence is abundant that the soybean is an exceedingly nutritious and economical food.

Protein--Soybeans contain more protein than any of the other fresh legumes (like the lima bean).



Carbohydrate--Soybeans, unlike other beans contain little starch.

Fat--Soybeans contain more fat than other fresh legumes.

Minerals--Calcium, phosphorus and iron are present in soybeans. The iron in soybeans is higher than that of many other foods and is well utilized by the body. The calcium content is relatively high.

Vitamin A--Vitamin A is present in soybeans but not in great quantity. Green soybeans contain more vitamin A than the dry, mature beans, but neither contains a sufficient quantity to classify soybeans as an excellent source of this vitamin.

Vitamin B--Soybeans are a good source of the B vitamins.

Vitamin C--Soybean sprouts contain more vitamin C than unsprouted, dry soybeans. Green soybeans are a fair source of vitamin C.

Below you will find several recommended recipes for using green soybeans.

WAYS OF USING GREEN SOYBEANS

Directly from shell--Oriental children like to eat cooked green soybeans directly from the pods as between meal snacks. These fresh soybeans retain their vitamin content well and offer a wholesome treat for growing children.

Directly from the vegetable garden--Green soybeans, grown in the home garden, are a special treat because the texture, color and flavor are better than that of the fully mature ones on the market.

Hawaii Agricultural Extension Olericulturists state that soybeans mature in $2\frac{1}{2}$ months after planting, and by selecting varieties suited to the seasons a good yield may be provided throughout the year.

Home-grown green soybeans are delicious when served hot with only butter and salt for seasoning.

From the home freezer--When more soybeans are on hand than the family wishes to eat at the time of harvest, the surplus can easily be frozen for future use. For freezing, soybeans are precooked in the pod for about 5 minutes, then chilled in ice water or running water, shelled, and packaged. Frozen soybeans should be cooked in the frozen state in a small amount of water and simmered until done.

Below you will find several recommended recipes for use with green soybeans.

GREEN SOYBEAN SOUP

4 cups tomato juice
3 tablespoons minced onion
2 cups cooked beans, whole or
mashed

1 cup raw, grated or cooked
carrots
Salt to season
Grated cheese, if desired

Soybeans should be cooked in the shell for 5 minutes in enough boiling water to cover, then shelled and simmered until done.

Simmer the tomato juice with the onion for a few minutes, then add the other vegetables. Season with salt. Serve hot with grated cheese sprinkled on the top of each bowl of soup. Serves 16.

GREEN SOYBEAN SALAD

2 cups cooked cold beans	1/2 cup chopped parsley
2 cups grated raw carrots	Salt to season
French dressing	

Cook fresh green soybeans as in the above recipe. Mix beans with enough French dressing to moisten. Add other ingredients. Serve on lettuce. Serves 8.

BUTTERED GREEN SOYBEANS AND CORN

1 cup cooked soybeans	1/4 teaspoon pepper
1 cup whole-kernel corn	1/2 teaspoon salt
1 tablespoon margarine	

Precook fresh soybeans 5 minutes in the pod with just enough boiling water to cover. Shell and add liquid from canned corn instead of water and simmer about 15 minutes. Add corn and seasonings. Heat and serve. Yield: 5 servings.

BUTTERED GREEN SOYBEANS AND CARROTS

1 1/2 cups diced carrots	1/2 cup water
1 cup cooked soybeans	1/2 teaspoon salt
1 tablespoon margarine	

Wash, scrape and dice the carrots. Precook soybeans as in the above recipe. Add water, carrots, salt and fat to shelled beans and cook 15 to 20 minutes longer, or until tender. Yield: 5 servings.

GREEN SOYBEANS AU GRATIN

1 cup cooked soybeans	1 teaspoon minced onion
1 cup white sauce	1/4 teaspoon margarine
1/2 to 1 cup grated cheese	2 tablespoons bread crumbs

Precook fresh soybeans 5 minutes in the pod with just enough boiling water to cover. Shell. Prepare white sauce, add cheese and minced onion. Heat and stir over low heat until cheese is melted and the mixture is well blended. Add soybeans, pour into a well-oiled casserole and cover with crumbs mixed with fat. Bake from 20 to 30 minutes in moderate oven at 350° F., or until sauce bubbles and crumbs are brown. Yield: 4 servings.

GREEN SOYBEANS IN TOMATO SAUCE

3 cups green soybeans	1 teaspoon onion juice
2 tablespoons butter or margarine	1 tablespoon minced parsley
2 cups canned tomatoes	1 tablespoon minced green pepper
1/2 teaspoon cinnamon	2 tablespoons honey
Salt to taste	

Precook fresh soybeans 5 minutes in the pod with just enough boiling water to cover. Shell. Mix all ingredients, place in a greased baking dish and bake about 30 minutes. Strips of bacon across the top improve the dish. Yield: 8 servings.

GREEN SOYBEANS AND RICE

1½ cups brown rice
1½ cups precooked soybeans

2 cups water
1 teaspoon salt

Pick over rice, wash once, and discard water. Precook soybeans 5 minutes in the pod with just enough boiling water to cover, then shell. Combine rice, beans, water and salt. Bring to a boil, lower heat, and continue boiling for about 12 minutes, or until almost all of the water has been evaporated. Turn heat as low as possible and steam 30 to 40 minutes, or until rice is tender. Yield: 8 servings.

BUTTERED SOYBEANS IN SQUASH NESTS

3 cups cooked squash
1/16 teaspoon pepper
1 tablespoon margarine

1 teaspoon salt
2 cups cooked green
soybeans

Whip mashed squash until light; season with salt, pepper and margarine. Place in small mounds on oiled cookie sheet. Make a hollow in the center of each mound and fill with soybeans which have been seasoned. Place in preheated oven at 350° F. for 20 minutes. Yield: 6 servings.

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